



DEPARTMENT OF THE ARMY  
HEADQUARTERS, U.S. ARMY 63D REGIONAL READINESS COMMAND  
4235 YORKTOWN AVENUE  
LOS ALAMITOS, CALIFORNIA 90720-5002

REPLY TO  
ATTENTION OF:

S: 05 April 2005

AFRC-CCA-CH (165)

28 March 2005

MEMORANDUM FOR SEE DISTRIBUTION

SUBJECT: Memorandum of Instruction (MOI) for Marriage Enrichment Retreat (MER)

1. The Commanding General's Marriage Enrichment Retreat (MER) is offered to all demobilized soldiers and their spouses. The MER is designed to assist couples with reintegration, reunion, and to help them communicate better. Training will include icebreakers and will incorporate instruction and practical exercises.
2. The purpose of the MER is not to fix troubled marriages, but to give couples new tools to enable them to love each other better. The dates for the MER are 15-17 April, 2005 for California units, and 29 April thru May 01, 2005 for units in the Arizona/Nevada area.
3. The correct program code for all MER RFOs is **9170**. Submit spouse OMAR invitational RFOs, using Fund Manager BX. Submit AGR personnel OMAR RFOs, using Fund Manager BX. The directed funding priorities for TPU personnel are: (1) RST periods using Fund Manager BX; (2) ADA/RMA periods using Fund Manager BX; (3) Annual Training days using Fund Manager DP; and (4) for those military personnel who must participate in a collective training event with their unit of assignment during TY 2005, ADT days using Fund Manager DV. All military personnel are reminded not to exceed the authorized number of periods of days or days by type of duty. Soldiers may also attend in RMA, RST or MUTA 6 status. Rental cars are not authorized. The reporting time for all attending couples is **1600 hrs on Friday**.
4. The California site is the Hyatt Regency-Irvine (near Orange County/John Wayne Airport), 17900 Jamboree Blvd, Irvine, CA 92614; telephone (949) 975-1234 or (800) 233-1234. The room rate is \$125.00, and reservations must be made directly with the Hyatt Regency-Irvine by identifying yourself as part of the 63d RRC Marriage Enrichment Retreat. Because of this late notice, please make your reservations **as soon as you possibly can**. All participants are required to stay at the hotel overnight.
5. The Arizona/Nevada site is the Pointe Hilton Squaw Peak Resort 7677 North 16<sup>th</sup> Street, Phoenix, AZ 85020 the room rate is \$121.00 and reservations must be made directly with the Pointe Hilton hotel, (602) 997-2626 by identifying yourself as part of the 63d RRC Marriage Enrichment Retreat. Because of this late notice, please make your reservations **as soon as you possibly can**. All participants are required to stay at the hotel overnight.

AFRC-CCA-CH

SUBJECT: Memorandum of Instruction (MOI) for MER

6. Registration/RSVP for both 63d RRC MER sites is due **NLT five (5) working days prior to the event** to this office and requires completion of the enclosed registration form. Fax completed registration forms to (562) 795-1289 by the suspense date. Registration is limited to 50 couples per each site, on a first come basis. Participants must RSVP by the suspense date.

7. Major Support Commands will distribute this MOI to subordinate units and those married soldiers who have returned from deployment. The Family Readiness Division will distribute this MOI to the Family Readiness Groups.

8. Point of contact for this action is MSG Cecil D. Edwards at COMM (562) 795-1334, toll free (800) 987-5517 x61334 or e-mail [cecil.edwards1@us.army.mil](mailto:cecil.edwards1@us.army.mil).

FOR THE COMMANDER:

JOHN J. SOUTH  
CH (COL), USAR  
63d RRC, Command Chaplain

3 Encls  
Administrative Data  
Training Schedule Agenda  
Registration Form

Distribution:  
63d RRC MSC Commanders  
63d RRC Family Readiness Division  
63d RRC Unit Ministry Team Chaplains

ADMINISTRATIVE DATA – **California**  
63d Regional Readiness Command  
Marriage Enrichment Retreat (MER)  
**15-17 April, 2005**

LOCATION: Hyatt Regency-Irvine, 17900 Jamboree Blvd, Irvine, California, 92614; see additional information on the hotel at [www.irvine.hyatt.com](http://www.irvine.hyatt.com).

HOTEL RESERVATIONS: Hotel reservations are an individual responsibility. Room rate is \$125.00. Reservations must be made **as soon as possible** with the Hyatt Hotel-Irvine at (949) 975-1234 or (800) 233-1234 by identifying yourself as part of the 63d RRC, Marriage Enrichment Retreat, 15-17 April, 2005. Couples wanting to enjoy this special rate one day after the MER can contact Matt Kovac at (949) 225-6662.

FUNDING: The correct program code for all MER RFOs is **9170**. Submit spouse OMAR invitational RFOs, using Fund Manager BX. Submit AGR personnel OMAR RFOs, using Fund Manager BX. The directed funding priorities for TPU personnel are: (1) RST periods using Fund Manager BX; (2) ADA/RMA periods using Fund Manager BX; (3) Annual Training days using Fund Manager DP; and (4) for those military personnel who must participate in a collective training event with their unit of assignment during TY 2005, ADT days using Fund Manager DV. All military personnel are reminded not to exceed the authorized number of periods of days or days by type of duty. Soldiers may also attend in RMA, RST or MUTA 6 status. Rental cars are not authorized. The reporting time for all attending couples is **1600 hrs on Friday**. Participants, within and out of the commuting distance are required to stay in the hotel overnight. Orders must state: "OVERNIGHT STAY IS MISSION REQUIREMENT; IAW JFTR, PARA U4102-E, REQUEST PYMT OF MEAL & LODGING CHRGs INCURRED WHILE ON OFFICIAL OVERNIGHT TDY." Spouses of soldiers will be on an ITO/TDY status. Hotel per diem lodging rate will be paid to the Soldier (spouses should not receive lodging per diem on their orders or request reimbursement).

REGISTRATION: The enclosed registration form is due to the 63d RRC Staff Chaplain's Office **NLT five (5) working days prior to the event**. Registration is limited to the first 50 couples.

UNIFORM: Business Casual.

REGISTRATION TIME: The registration desk will be open Friday, 15 April, 1600-2000 hours. Late registration is Saturday, 16 April, 0700-0730 hours. Participants are required to be present at the opening brief on Friday, 15 April 2005, 2000-2100 hours.

TRANSPORTATION: The Hyatt Regency-Irvine offers complimentary Airport Shuttle Service to and from Orange County Airport, leaving the hotel on the hour and half hour and departing the airport every 15 minutes and 45 minutes after the hour. The hours of operation Monday through Friday are 5:30am to 11:00pm (last pick up at airport is 11:15pm) and on Saturday and Sunday from 6:00am to 11:00pm (last pick up at the airport is 11:15pm).

DIRECTIONS: From the North: Take 5 South; proceed until Jamboree Road; exit Jamboree Road & turn RIGHT at the light; proceed about 10 minutes; turn LEFT at Main Street & RIGHT on Union into Jamboree Center; the hotel is straight ahead. From the South: Take 405 North to Jamboree Road; exit Jamboree Road & turn RIGHT; turn RIGHT into Jamboree Center; the hotel is on the right.

**Marriage Enrichment Retreat – California**  
**Tentative Training Schedule**

**Friday, 15 April 2005**

1600 – 2000	Registration – Hotel Lobby
2000 – 2100	Icebreakers and General Information

**Saturday, 16 April 2005**

0630 – 0730	Complimentary Breakfast at the hotel restaurant—The Six Park Grill
0700 – 0730	Late Registration
0730 – 0745	Opening Remarks
0745 – 0810	Miscommunications and Filters
0810 – 0840	Speaker/Listener Exercise, Low Conflict Issue
0840 – 0910	Solving Problems and Disagreements
0910 – 0930	Break
0930– 1000	Problem Solving Exercise
1000 – 1020	Ground Rules for Handling Conflict
1020 – 1035	Implementing Ground Rules
1035 – 1100	Hidden Agendas/Issues and Events
1100 – 1130	Discuss Hidden Agendas Using S/L Technique
1130 – 1300	Lunch
1300 – 1330	Commitment in Marriage Agape Love
1330 – 1400	Forgiveness
1400 – 1430	Preserving Fun, Friendship and Physical Oneness
1430 – 1500	Break
1500 – 1530	Spiritual Oneness
1530 – 1550	Couples discuss issues concerning intimacy
1550 – 1600	Use or lose (Couples are free for the evening)

**Sunday, 17 April 2005**

0630 – 0800	Complimentary Breakfast at the hotel restaurant—The Six Park Grill
0800 – 0830	Chapel Service (Voluntary)
0845 – 0930	Renewal of Vows Ceremony

ADMINISTRATIVE DATA – Arizona/Nevada  
63d Regional Readiness Command  
Marriage Enrichment Retreat (MER)  
**29 April thru 01 May, 2005**

**LOCATION:** Pointe Hilton Squaw Peak Resort, 7677 North 16<sup>th</sup> Street, Phoenix, AZ, 85020; see additional information on the Pointe Hilton Squaw Peak Resort at [www.pointehilton.com](http://www.pointehilton.com).

**HOTEL RESERVATIONS:** Hotel reservations are an individual responsibility. The room rate is \$121.00. Reservations must be made **as soon as possible** with the Pointe Hilton Squaw Peak Resort at (602) 997-2626 or (800) 445-8667 or (800) 876-4683 by identifying yourself as part of the 63d RRC, Marriage Enrichment Retreat, 29 April thru 01 May, 2005. This special rate is also may be available three days before and three days after the MER for couples wanting to stay additional nights on their own.

**FUNDING:** The correct program code for all MER RFOs is **9170**. Submit spouse OMAR invitational RFOs, using Fund Manager BX. Submit AGR personnel OMAR RFOs, using Fund Manager BX. The directed funding priorities for TPU personnel are: (1) RST periods using Fund Manager BX; (2) ADA/RMA periods using Fund Manager BX; (3) Annual Training days using Fund Manager DP; and (4) for those military personnel who must participate in a collective training event with their unit of assignment during TY 2005, ADT days using Fund Manager DV. All military personnel are reminded not to exceed the authorized number of periods of days or days by type of duty. Soldiers may also attend in RMA, RST or MUTA 6 status. Rental cars are not authorized. The reporting time for all attending couples is **1600 hrs on Friday**. Participants, within and out of the commuting distance are required to stay in the hotel overnight. Orders must state: "OVERNIGHT STAY IS MISSION REQUIREMENT; IAW JFTR, PARA U4102-E, REQUEST PYMT OF MEAL & LODGING CHRGs INCURRED WHILE ON OFFICIAL OVERNIGHT TDY." Spouses of soldiers will be on an ITO/TDY status. Hotel per diem lodging rate will be paid to the Soldier (spouses should not receive lodging per diem on their orders or request reimbursement).

**REGISTRATION:** The enclosed registration form is due to the 63d RRC Staff Chaplain's Office **NLT five (5) days prior to the event**. Registration is limited to the first 50 couples.

**UNIFORM:** Business Casual.

**REGISTRATION TIME:** The registration desk will be open Friday, 29 April, 1600-2000 hours. Late registration is Saturday, 30 April, 0800-0830 hours. Participants are required to be present at the opening brief on Friday, 29 April, 2000-2100 hours.

**TRANSPORTATION:** After claiming your baggage, exit the terminal and cross over to the center island. There you will find a van service sign and a Super Shuttle coordinator wearing a blue polo shirt and beige pants or shorts. Inform the coordinator of your destination. The waiting time for pick-up is approximately 15 minutes. The cost per person is \$12.00 each way. **Reservations are required when returning to the airport.** You must call 24 hours in advance to make your reservation. The phone number for the Super Shuttle is (602) 244-9000.

**DIRECTIONS:** From the South: Take Squaw Peak Parkway north to Glendale, turn west to 16<sup>th</sup> street, turn north on 16<sup>th</sup> street to Morton turn **RIGHT**; the resort is on the left side of the street. From the North: Take I-17 south, exit on Northern, go east to 16<sup>th</sup> street and go ½ mile south to Morton; turn **LEFT** and the resort is on the left.

Marriage Enrichment Retreat – Arizona/Nevada  
Tentative Training Schedule

**Friday 29 April 2005**

1600 – 2000	Registration – Hotel Lobby
2000 – 2100	Reception – Navajo Room

**Saturday, 30 April 2005**

0730 – 0830	Late Registration
0830 – 0850	Opening Remarks/Introduction to PREP
0850 – 0915	Danger Signs in Communication
0915 – 0930	Negative Communications
0930 – 0935	Practice XYZ
0935 – 0945	Filters
0945 – 1010	Creating Safe Structure
1010 – 1030	Break
1030 – 1100	Demonstration of Speaker/Listener
1100 – 1130	Problem Solving
1130 – 1145	Ground Rules
1145 – 1200	Setting Ground Rules
1200 – 1330	Lunch
1330 – 1345	Issues and Events
1345 – 1405	Fun
1405 – 1425	Friendship
1425 – 1445	Core Beliefs
1445 – 1505	Sexual/Sensual
1505 – 1530	Break
1530 – 1550	Forgiveness
1550 – 1620	Commitment
1620 – 1645	Wrap-Up (Couples are free for the evening)

**Sunday, 01 May 2005**

0800 – 0830	Chapel Service (Voluntary)
0845 – 0930	Renewal of Vows Ceremony

MARRIAGE ENRICHMENT RETREAT (MER) REGISTRATION FORM

**California, Arizona, Nevada**

15-17 April, 2005 OR 29 April thru 01 May, 2005

Which location are you registering for (circle one)?

**CALIFORNIA**

**ARIZONA**

NAME:		
ADDRESS:		
CITY:	STATE:	ZIP CODE:
HOME PHONE:	FAX:	
WORK PHONE:	DUTY PHONE:	
EMAIL ADDRESS:		
RANK:	UNIT:	
SSN:		
SPOUSE NAME:		
HAVE YOU REQUESTED ORDERS (circle one)?	YES	NO
HAVE YOU REQUESTED <b>ITO</b> FOR YOUR SPOUSE (circle one)?	YES	NO
HAVE YOU RESERVED A ROOM AT THE HOTEL (circle one)?	YES	NO
HOW WILL YOU BE ARRIVING (circle one)?	FLYING	DRIVING

FAX THIS COMPLETED FORM TO (562) 795-1289 NLT five (5) days prior to the event.

CHAPLAIN SECTION  
63D RRC, HHC, BLDG 912  
LOS ALAMITOS, CA 90720  
(562) 795-1334